

# ActivAge Senior Centers Menu

November 2004

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>1</b> Sloppy Joe Napoli Veg. Blend Orange Juice W.W. Bun Caramel Apple Cake Coffee, Milk, Tea	<b>2</b> Chicken Cordon Bleu Parslied Potatoes Pineapple Mallow Slaw W.W. Dinner Roll Margarine Vanilla Chocolate Swirl Pudding Coffee, Milk, Tea	<b>3*</b> Meatball Stew Cottage Cheese Sliced Peaches Crackers Biscuit Margarine/Honey Brownie Coffee, Milk, Tea	<b>4</b> BBQ Chicken Gourmet Potatoes Green Bean Salad Potato Bread Margarine Mandarin Orange Slices Coffee, Milk, Tea	<b>5</b> Turkey Tetrzzini Baby Lima Beans Peach/Pear Gelatin Salad Rye Bread Margarine Vanilla Ice Cream Coffee, Milk, Tea	<b>6</b> Sat. Meals Only at the Downtown ActivAge Senior Center Meat Loaf Scalloped Potatoes Calico Vegetable Salad W.W. Bread Margarine 2 Pear Halves Coffee, Milk, Tea
<b>8</b> Cube Steak Mushroom Gravy Mashed Potatoes Crinkle Cut Carrots Blueberry Muffin Margarine Tropical Fruit Coffee, Milk, Tea	<b>9</b> Pork Tenderloin Cauliflower with Cheese Sauce Raspberry Fruit Fluff Salad W.W. Bun Mayonnaise/Mustard Snickerdoodle Cookie Coffee, Milk, Tea	<b>10</b> Lemon Pepper Chicken Augratin Potatoes Pea/Pickle/Cheese Salad W.W. Dinner Roll Margarine Apple Crisp Coffee, Milk, Tea	<b>11</b> Closed for the Veterans Day Holiday	<b>12</b> Shredded Beef in Gravy Mashed Potatoes Spinach Corn Muffin Margarine Apricots Coffee, Milk, Tea	<b>13</b> BBQ Pork Ribette Carrot Coins Mixed Fruit Steak Bun Ranger Cookie Coffee, Milk, Tea
<b>15*</b> Lasagna Tossed Salad Dressing Apple Juice Italian Bread Margarine Oatmeal Raisin Cookie Coffee, Milk, Tea	<b>16</b> Salisbury Steak Vegetable Gravy Chuckwagon Corn Glorified Rice Salad Vienna Bread Margarine Raspberry Sherbet Coffee, Milk, Tea	<b>17</b> Hamburger Patty Calif. Veg. Cheese Soup Diced Pears Crackers W.W. bun Catsup/Mustard Pistachio Pudding Coffee, Milk, Tea	<b>18</b> Pork Roast/Gravy Mashed Potatoes Cinnamon Rosy Applesauce Dinner Roll Margarine Cherry Pineapple Dump Cake Coffee, Milk, Tea	<b>19</b> Chicken Breast with Tomato Basil Sauce over Rice Marinated Carrot Salad W.W. Bread Margarine Pineapple Tidbits Coffee, Milk, Tea	<b>20</b> Cube Steak Mushroom Gravy Mashed Potatoes Broccoli/Cheese Raisin Salad Potato Bread Margarine Vanilla Ice Cream Coffee, Milk, Tea
<b>22</b> Beef Sausage Gravy Asparagus Pear Half with Grated Cheese Biscuit Cookies & Cream Dessert Coffee, Milk, Tea	<b>23*</b> Turkey Ham Parmesan Potatoes Sunshine Gelatin Salad Raisin Bread Margarine Macadamia Delight Cookie Coffee, Milk, Tea	<b>24</b> Beef Stroganoff with Noodles Green Beans Mixed Fruit Juice W.W. Bread Margarine Jello Cake with Topping Coffee, Milk, Tea	<b>25</b> Closed for the Thanksgiving Holiday	<b>26</b> Closed for the Thanksgiving Holiday	<b>27</b> Closed for the Thanksgiving Holiday

<b>29*</b> Ham Loaf Scalloped Potatoes Mixed Vegetables W.W. Bread Margarine Diced Apples w/Cinnamon Coffee, Milk, Tea	<b>30</b> Chili Grated Cheese Chopped Onions Carrot Coins Mandarin Slices w/Pineapple Tidbits Cornbread/Honey Margarine Strawberry Ice Cream Coffee, Milk, Tea			*  <b>LOW SODIUM ENTREE AVAILABLE</b>	
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